



Friendship Heights

VILLAGE NEWS



Square Dance
page 2

JANUARY 2017

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www.friendshipheightsmd.gov

301-656-2797

Tiptoe through the tulips at the Philadelphia Flower Show

Discover the beauty of Dutch gardens in bloom without the trip abroad as we travel to the Philadelphia Flower Show on **Wednesday, March 15**. This year's theme is "Holland: Flowering the World." Enjoy all the spectacular displays which range from elaborate landscapes to individual and club entries of prize horticultural specimens. Don't miss the fabulous marketplace with more than 150 vendors. There are also culinary demonstrations from celebrity chefs and numerous free



lectures.

Lunch is on your own. You may choose to visit the the Reading Terminal Market, just steps away from the flower show. Featuring more than 80 stalls and shops, the Reading Terminal Market dates back to 1892 when the Reading Railroad commissioned a food bazaar. A century later, the market continues to exhibit old and new culinary delights. Wednesday through Saturday, Lancaster's Amish bring in their

continued on page 13, see Flower Show

History and heritage: Finding your family's story in America's story

In a September Washington Post series about people connected to figures or events featured in the Smithsonian's African American Museum of History and Culture (NMAAHC), the reporter included author and journalist A'Lelia Bundles. She is a descendant of Madam C.J. Walker, the first black female millionaire in the United States.

Ms. Bundles will speak at the Village Center on **Thursday, Feb. 9, at 7:30 p.m.**, about her famous great-great-grandmother, whose accomplishments are on display at the new museum, as well as share tips about ways to research ancestors and bring your family's story to life.

Madam Walker was born Sarah Breedlove, orphaned at age seven, and

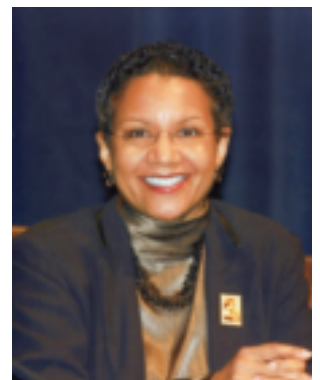
worked in cotton fields in Louisiana and Mississippi. After her first husband died, she moved to St. Louis, where she worked as a washerwoman, making as little as \$1.50 a day. She suffered from hair loss, and it was in her brothers' St. Louis barbershop that she got the idea to create a shampoo and a scalp ointment. She called it "Wonderful Hair Grower," changed her name to Madam C.J. Walker, and in 1906 founded her company and turned it into an empire.

Ms. Bundles will bring a few items from her own collection and will be joined by a docent of the NMAAHC. She invites attendees to bring a piece of family memorabilia to share: a

photograph, a diploma or a piece of clothing. Using skills she learned as a long time journalist and as her family's

biographer, she will share tips about ways to research ancestors.

Ms. Bundles was a network television news executive and producer for 30 years at NBC News and then at ABC News, where she



continued on page 6, see Bundles

Friday night concert with PEAR, calendar page

Allan Lichtman forecast a Trump victory



Allan Lichtman, scholar and AU professor, has correctly predicted the outcomes of all US presidential elections since 1984. His prediction system, called the Keys to the White House, disregards complicated formulas in favor of 13 true-or-false statements that measure what Dr.

Lichtman believes is most important: the strength and performance of the incumbent party. He will speak at the Village Center, on **Thursday, Jan. 12, at 7:30 p.m.**

Learn how Dr. Lichtman was correct in November when almost every pollster, pundit and journalist was not. Sign up for this interesting lecture by calling 301-656-2797.

Put on your crinolines and dancing shoes!

Enjoy a good old-fashioned square dance at the Village Center on **Sunday, Jan. 29, from 6:30 to 8:30 p.m.** Pete Kasper, a caller with more than 35 years experience, returns to the Center to lead us at this fun event. No experience or partner needed!

Pete is a retired physicist and a past president of this area's Square Dance Leaders Association. His favorite activity is teaching people how to square dance—expect some round dancing and line dancing, too.

Please sign up at the Center. The cost of admission is \$5 per person; \$10 at the door. Children 7 to 12 are free, but must be accompanied by an adult. Light refreshments will be served.

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Friendship Heights VILLAGE NEWS

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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the February issue is January 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Council pursues action on 5320 Willard Avenue property

As reported previously, the Village Council has pressed the Maryland-National Capital Park and Planning Commission regarding the County-owned property at 5320 Willard Avenue next to Willard Avenue Park.



On December 13, three Council members attended a meeting with Casey Anderson, head of Park & Planning, and his staff to discuss this issue further. Mr. Anderson agreed to remove the stockade fence on Willard Avenue. The house on the property and the tenant will remain, and there will be a section of the property delineated for the tenant to maintain.

Mr. Anderson expressed support for a new entrance to Willard Avenue Park with signage on the remaining portion of the property. Any broader use of the property would likely require community input and trigger a longer process. He also mentioned the possibility of having “traveling equipment” placed in the park, temporary pieces (either play equipment for kids and/or recreation equipment for adults) that would be removed after a period of time.

Metro proposing to eliminate express bus route to downtown Washington

According to an article in The Washington Post, Metro’s proposed budget for Fiscal Year 2018 (beginning July 1, 2017) calls for the elimination of the Number 37 express bus due to low ridership. The bus runs from Friendship Heights to the National Archives in Washington. Metro plans to approve the budget in March 2017.

A Village resident brought this to our attention at a recent Council meeting. This is a rush-hour-only line that is a convenient resource to get downtown and back, but many of our residents are not aware that the service exists. You can find a map of the line and schedule information

on the WMATA website (www.wmata.com).

The Council has written a letter to the WMATA Board of Directors and the General Manager opposing the cut in service. If you would like to send a letter, address it to Jack Evans, Chairman, WMATA Board of Directors, and Michael Goldman, Principal Board Member (Maryland), WMATA Board of Directors. Include copies to Paul Wiedefeld, General Manager/Chief Executive Officer, WMATA; and Leif Dormsjo, Director, District of Columbia Department of Transportation (DDOT). The mailing address is 600 5th Street, NW, Washington, DC 20001.

Please state that you would like your letter included as part of the hearing record. The hearing date and the record to receive comments have not been established at this time.

Yield to emergency vehicles. It’s the law!

Nat Finkelstein of the Bethesda Fire Department Board of Directors spoke at a recent Village Council meeting about the requirement to yield to emergency vehicles. Failure to yield increasingly poses a threat to public safety in Montgomery County.

The law is very clear: When an emergency vehicle approaches with lights flashing and sirens audible, drivers must yield the right-of-way unless otherwise directed by a police officer. Code of Maryland (2010) Transportation Law Art. §21-405.

That means immediately positioning your car parallel to and as close as possible to the curb or edge of the roadway, clear of any intersection. Unless otherwise directed by a police officer, you must hold this position until the emergency vehicle has passed.

Note that the law previously required drivers to pull to the right. A new law has changed that and allows drivers to move to the nearest curb or edge of the roadway on either side. Always stop clear of the intersection.

Before moving, make a point of looking and listening for additional emergency vehicles. Often several are proceeding to the site of the emergency.

If you are behind an emergency or police vehicle that is using its siren and lights, you must not pass that vehicle unless it has stopped or a police officer directs otherwise. Remember, too, that the law prohibits motorists from

- following any emergency vehicle more closely than 500 feet,
- parking within 200 feet of the site of an emergency,
- running over a fire hose.

If we all observe these legal requirements, emergency vehicles can respond more expeditiously to calls for help.

Council actions at the December 12 meeting:

- Accepted strategic plan goals recommended by Community Advisory Committee as guidance for Council and staff.
- Appointed Nadja Ruzica of 4615 North Park Avenue to the Community Advisory Committee.

The next Council meeting will be Monday, January 9, 2017, at 7:30 p.m. in the Village Center.

Try your hand at origami during our weekend workshop



Fashion beautiful boxes using the ancient art of origami when Jahee Oh offers a three-hour workshop on **Saturday, Feb. 4, from 9:30 a.m. to 12:30 p.m.**

Ms. Oh, who is also a teacher for our children's summer art camp, breaks down the complicated art into step-by-step instructions and diagrams for this hands-on class. The fee for the three-hour workshop is \$20 per person, materials and tools are included.

Sign up at the Village Center by Feb. 2. The minimum number of students is 6; maximum is 10. For information, call 301-656-2797.

The Village Book Club will meet on **Tuesday, Jan. 17, at 11 a.m.** The book selection is "Do Not Say We Have Nothing" by Madeleine Thien. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."

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ON THE GO...

African art and Indian cuisine

On **Wednesday, Jan. 25**, we'll enjoy a curated African Experience Tour at the African Art Museum of Maryland, one of only three museums in the United States devoted exclusively to the art of Africa. We'll view masks, musical instruments, textiles, jewelry and household items.

Following our tour, we'll enjoy Royal Indian cuisine at Ananda. Our menu offers a mixed green salad, a choice of chicken tikka masala, lamb shahi korma with a cream sauce, nuts and raisins, or vegetable jalfrezi, and chocolate torte for dessert.

We'll leave the Village Center at 9:30 a.m. and return by 2:30 p.m.

The cost of the trip, which includes transportation, tour, lunch, and all taxes and gratuities, is \$62.

Sign up immediately at the Village Center. The deadline to sign up is Jan. 17.

Check out the new outlets in Clarksburg, Maryland

Come see the brand new outlet center in Clarksburg on **Thursday, Feb. 23**. The village-style center features 90 high-quality upscale retailers including Armani Exchange, Calvin Klein, Coach, Kate Spade New York, NIKE Factory Store, Polo Ralph Lauren Factory Store, Saks Fifth Avenue OFF 5TH, Tommy Hilfiger, Tory Burch, and Under Armour. You can choose among five eateries when you want to take a break and eat lunch (on your own).

We will leave the Village Center at 9:45 a.m. and return by 3 p.m. Shoppers will be given a book of savings coupons and will have more than three hours to shop. The cost for transportation and driver gratuity is \$30. Residents may sign up immediately; nonresidents may sign up Jan. 17. There are 50 spaces available. *The outlet center is not covered, so please dress for the cold.*

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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Jan. 5, 7 p.m. — Movie — *Florence Foster Jenkins* — In the 1940s, New York socialite Florence Foster Jenkins dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet. Stars Meryl Streep and Hugh Grant. Rated PG-13. Running Time: 111 minutes.

Thursday, Jan. 12, — No Movie — Allan Lichtman on the Trump Victory, 7:30 p.m. — see pg. 2.

Thursday, Jan. 19, 7 p.m. — Movie — *The Secret Life of Pets* — Max is a spoiled terrier who enjoys a comfortable life in a New York building until his owner adopts Duke, a giant and unruly canine. During their walk outside, they encounter a group of ferocious alley cats and wind up in a truck that's bound for the pound. Luckily, a rebellious bunny named Snowball swoops in to save the doggy duo from captivity. In exchange, Snowball demands that Max and Duke join his gang of abandoned pets on a mission against the humans who've done them wrong. Rated PG. Running Time: 90 minutes.

Bundles, continued from page 1

was Washington deputy bureau chief. She is the author of "On Her Own Ground: The Life and Times of Madam C.J. Walker" and is at work on her her fourth book, "The Joy Goddess of Harlem: A'Lelia Walker and the Harlem Renaissance," a biography of her great-grandmother.

Please join us for this interesting program. Let us know you will attend by calling 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Thursday, Jan. 26, 7 p.m. — Movie — *Sully* — On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot faces an investigation that threatens to destroy his career and reputation. Stars Tom Hanks. Rated PG-13. Running Time: 96 minutes.

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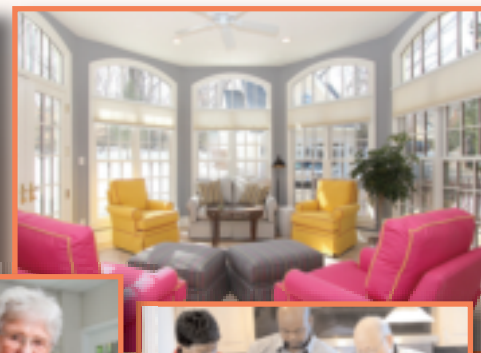
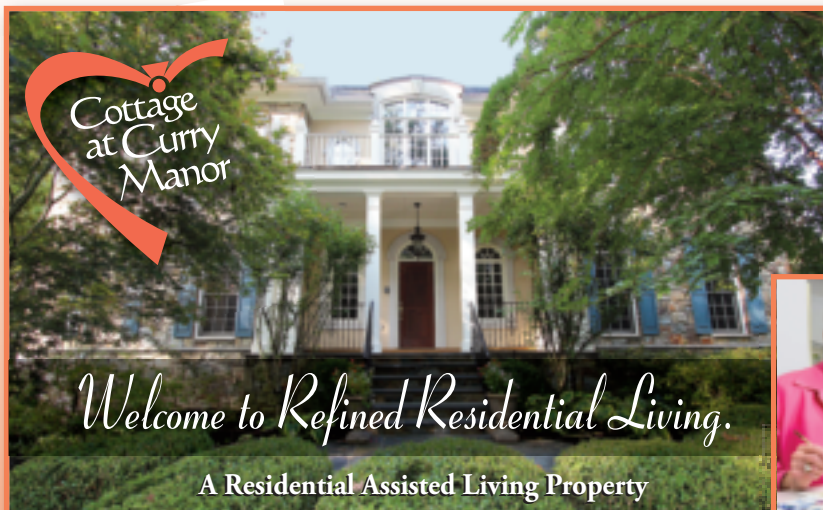
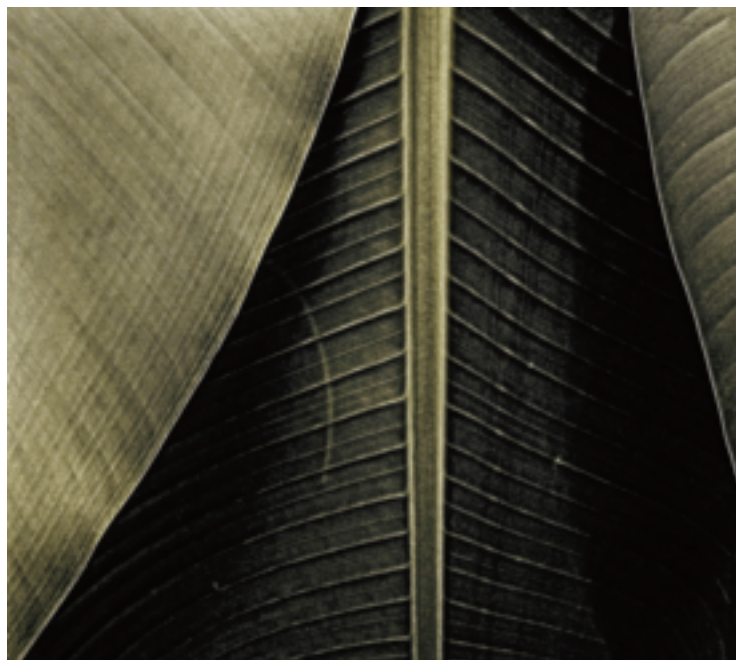
ART and CULTURE

This month in the Friendship Gallery

The 2017 All Photography Art Exhibit, curated by Center instructor Llewellyn Berry, highlights emerging students and established photographers, each bringing to the medium an edgy and exciting contemporary art vision. Twenty photographic artists represent both “old school” film and chemical-based photographic work, as well as contemporary digitally crafted images. All are invited to meet the artists at a reception on **Sunday, Jan. 15, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from Jan. 9 to Feb. 4. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Banana Leaf by Jarvis Grant



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Friendship Heights
Village Center



Calendar
of Events

2017

J A N U A R Y						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Year's Day Open House 2 to 3:30 p.m. Shuttle bus runs from 1:30–4 p.m. between buildings and Village Center	2 Center open 9 a.m. – 2 p.m. 10 a.m.: Great Books Shuttle bus runs on a weekend schedule	3 8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates	4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 5:30 p.m.: Community Advisory Committee Meeting	5 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Florence Foster Jenkins	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	7 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
8 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	10 8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m. Speech Therapy and Support Group 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates	11 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: Managing Your Medications 7:30 p.m.: Concert: Guitar Duo w/ Steve Abshire and Steve Herberman	12 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Allan Lichtman: Predicting the Trump Victory	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	14 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
15 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	16 Martin Luther King Jr. Day Center Open 9 a.m. – 2 p.m. 10 a.m.: Great Books Shuttle bus runs on a weekend schedule	17 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	18 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group	19 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Getting Started on Facebook 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Secret Life of Pets	20 Inauguration Day Center Open 9 a.m. – 2 p.m. 9:15 a.m.: Drop- in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory	21 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
22 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 7 p.m.: Café Muse	24 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea	25 9:30 a.m.:Depart for African Art Museum 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Beau Soir	26 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 2 p.m.: Getting Started on Facebook 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Sully	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	28 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
29 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 6:30 to 8:30 p.m.: Square Dance	30 10 a.m.- 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya	31 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	Friendship Heights Neighborhood Network expands outreach FHNN will kick off 2017 with an exciting series of weekly community outreach events: • Coffee Get Together: Join in the conversation and get to know your neighbors better. Group lead: Connie Row (Elizabeth resident). Jan. 4, 10–11 a.m., Panera Bread, 4459 Willard Ave. • From Laos to London by the Seat of My Pants 1956–1958: Frank Huffman (Elizabeth resident) will describe and show slides of his trip around the world by motorcycle and other vehicles. Jan. 9, 3–4 p.m., The Elizabeth Party room. • Tea, Cookies, & Sunset: Jan. 18, 3–4:30 p.m., at the home of a resident (location to be announced). • Coffee Get Together: Get to know your neighbors better. Group lead: Carolina Zumaran-Jones (Elizabeth resident). Jan. 26, 10–11 a.m., Panera Bread, 4459 Willard Ave. RSVP to czjones28@yahoo.com if you wish to attend one or more events. Bring a friend!			

Village Center Hours

Monday through Thursday	9 a.m. to 9 p.m.
Friday	9 a.m. to 5 p.m.
Saturday and Sunday	9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Shuttle bus hours



Monday through Friday	6:40 a.m. to 9:40 p.m.
Saturday and Sunday	8 a.m. to 7 p.m.

Special Friday night concert with PEAR

Join us for special evening concert featuring PEAR on **Friday, Feb. 3, from 7 to 8 p.m.** Husband-and-wife team Curtis Brengle and Julie Ragins are the members of PEAR, a powerful, eclectic duo that performs your favorite songs with a twist. The show is a great mash up, stylistically diverse and multi generational. Enjoy music from Adele to the Doobie Brothers, Stevie Wonder to the Great American Songbook, and even a few originals. Bold in its simplicity, the beauty of Ragins’ voice and the brilliance of Brengle’s piano playing requires nothing more. They play songs that really resonate with people, but the approach is fresh and creative. In a time when a “more is more” mentality reigns, PEAR’s unprocessed approach shows that less is more when done with style and substance.

Light refreshments will be served. The concert is free, but please call the Village Center at 301-656-2797 to let us know you’ll be attending.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Feb. 3 – April 7. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskel, Thursdays, 6:45 to 8:45 p.m., Jan. 5 – March 9. \$60 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black-and-white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Feb. 11 – April 8, \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindlewcollective>.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black-and-white and color photography, taught by Llewellyn Berry, Saturdays from

9:30 to 10:30 a.m., Feb. 4 – March 18, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m. (you may bring lunch—brown bag only, please), Jan. 12 – March 16. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. The cost is \$185 for residents; \$200 for nonresidents.

COMPUTER AND TECHNOLOGY

GETTING STARTED ON FACEBOOK

A 4-week course taught by TechMoxie, Thursdays, 2 to 3:30 p.m., Jan. 19 – Feb. 9. A comprehensive review of privacy settings, including what personal information to include in your profile and a review of what information is visible to whom. Also how to post, comment and share photos; find and connect with friends; and use Facebook's group and event features. A minimum of 5 students is required. The cost is \$60 for residents and \$65 for nonresidents.

EXERCISE AND DANCE

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Feb. 3 – March 10. Exercises target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed physical therapist assistant who has been working on the aging body and its complexities for more than 15 years. \$65 for residents; \$70 for nonresidents.

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Feb. 7 – March 14. The class will focus on simple exercises that improve balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Feb. 8 – March 15. The class, taught by Tonya Walton, is for people who want to tone upper and lower body muscles and improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents.

DANCE FOR HEALTH **NEW!**

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; Jan. 5 – Feb. 9, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class incorporates some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., Jan. 31–March 7. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/ yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Feb. 13 – March 27. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet Feb. 20.

YOGA

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m. (note new start and end times), Jan. 29 – April 9. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$135 for residents; \$145 for nonresidents. Class will not meet Feb. 19.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the

NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members are welcome any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend, or family member older than age 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Last month two exercise classes were inadvertently omitted from this listing. Please check with our front desk if you are looking for the start date of one of our classes or groups. Apologies to all for the mistake.

CONCERTS

During the months of January, February and March, concerts are held on the second and fourth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Jan. 11 — Guitar Duo with Steve Abshire and Steve Herberman — Steve Abshire was lead guitarist/soloist with the Navy's jazz band, The Commodores, and has performed with many of the world's greatest jazz artists including Keter Betts, Rosemary Clooney, and Charlie Byrd. His teachers and mentors have included the great Barney Kessel and Joe Pass. Steve Herberman graduated from Berklee, a major jazz school, and later taught at Towson, another great jazz school. He has performed at Blues Alley, the Kennedy Center, and Smithsonian among other venues.

Wednesday, Jan. 25 — Beau Soir — The Beau Soir Ensemble is a flute, viola, and harp trio in the Washington area dedicated to the performance of standard and contemporary repertoire spanning a variety of genres.

Founded by harpist Michelle Lundy in 2007, the group's goal is to make classical music accessible and to inspire a new generation of music lovers. Ms. Lundy is principal harpist with the McLean Orchestra, the Arlington Philharmonic and the New Orchestra of Washington. Jennifer Ries joined the group as its violinist in 2013. She performed with the National Symphony Orchestra for several years and is currently principal viola for the National Gallery of Art Orchestra. Flutist David Lonkevich has performed with the Washington National Opera and the Baltimore Symphony. He is often principal flute for the Wolftrap Opera, the Filene Center Orchestra and the National Theatre Orchestra. The trio performs regularly at The Lyceum, Anderson House, and on the John F. Kennedy Center for the Performing Arts Millennium Stage.



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TO YOUR HEALTH

Flower Show, continued from page 1

goodies, including fresh farm produce, Lebanon bologna, shoofly pie and scrapple. Non-Amish vendors sell artisan breads, exotic spices, clothing, sushi, burritos, cheesesteaks, vegetarian chili and much more.

We'll depart the Village Center at 7:30 a.m. and should return by 7 p.m.

The cost of the trip, which includes transportation, admission to the flower show, and all gratuities, is \$99.

Residents and one guest may sign up immediately; nonresidents may sign up beginning Feb. 8. There are 29 spaces available.

Managing your medications

A Suburban Hospital pharmacist will de-mystify the do's and don't's of medication management at this month's Suburban lecture at the Village Center on **Wednesday, Jan. 11, at 1 p.m.** Learn helpful tips and practical approaches to proper dosage and uses, danger of non-compliance, and the future of prescription medications.

There is no cost for the talk. Please let us know if you plan to attend by calling 301-656-2797.



Our Listings in the Friendship Heights Community

FOR SALE

5610 Wisconsin Ave. #607
\$2,599,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407
\$2,525,000: 2 BR + Den, 2.5 BA,
2 Balconies; 2,856 SqFt

5600 Wisconsin Ave. #1108
\$2,350,000: 2 BR + Den, 2.5 BA,
Balcony; 2,780 SqFt

5600 Wisconsin Ave. #1402
\$1,495,000: 2 BR + Den, 2.5 BA,
Balcony; 1,952 SqFt

4301 Military Rd. NW. #104
\$945,000: 2 BR, 2 BA,
Private Terrace; 1,320 SqFt

FOR RENT

5610 Wisconsin Ave. #1102
\$6,500/mo: 2 BR, 2.5 BA, Renovated,
Knockout Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #204
\$2,950/mo: 1 BR, 1.5 BA,
Balcony; 1,141 SqFt



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Café Muse presents...

This month's Café Muse, on **Monday, Jan. 23**, will feature poets Teri Cross Davis and Hayes Davis.

Teri Cross Davis is a Cave Canem fellow, a Pushcart Prize nominee, and has attended the Soul Mountain Writer's Retreat, the Virginia Center for Creative Arts and the Fine Arts Work Center in Provincetown. Her work has been published in many anthologies including, "Bum Rush The Page: A Def Poetry Jam," "Growing Up Girl," "Full Moon on K Street: Poems About Washington, DC," and "Check the Rhyme: An Anthology of Female Poets & Emcees."

Hayes Davis holds a Master of Fine Arts from the University of Maryland, where he won an Academy of American Poets Prize; he is a member of Cave Canem's first cohort of fellows, a former Bread Loaf working scholar, and a former Geraldine Miles Poet-Scholar at the Squaw Valley Community of Writers. He has also attended writers' retreats at Manhattanville College, Soul Mountain, and the Virginia Center for the Creative Arts Artists Colony.

Hayes and Teri Davis have a website, www.poetsandparents.com.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30.

Coming up: February 27, 2017: poet-translator Alana Marie Levinson-LaBrosse and poet Katherine E. Young.

Just for kids

The new shelving in the Village Center Reading Room allows space for a much-needed children's section. We have the shelves; now we need the books! Beginning this month, donations of new or very gently used books for preschool and elementary school age children will be accepted at the Center's front desk. Each book will have a "Donated by _____" label in the front of it for your family's name.

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January 2017 events calendar